

Therapeutic touch and energy healing NOTES

Richard Gerber, Bernard Grad, Oscar Estebany, Justice Smith, Dolores Krieger, Dora Coons, James Oschman, Zimmerman, Juan Acosta-Urquidi, Gary Schwartz

enzymes, superconducting quantum interference device (SQUID), JAMA, Rosa Study, Reiki, EEG, HRV (heart rate variability),

Therapeutic touch: Bernard Grad McGill U studied psychic healing.

Two containers of salt solution; one container Oscar Estebany puts his hand on.

Use water from each container to water seeds; planted seeds and measured growth characteristics. Found that there was a statistically significant increase in growth of plants watered with Oscar treated water. Double blind study.

Used magnetic stirring rod to stir water; got increase in growth. Wounded mice healed faster with healer action.

Grad gave sealed jars of water to patients in psychiatric hospitals to hold. Water held by psychotically depressed patients caused growth retardation in barley seeds.

Water stores subtle energy.

Justice Smith looked at Grad's research. Studied effect of magnetic fields on enzyme growth rates. Perhaps healers were able to effect enzymes. Estebany worked with her in New York. Found the longer he held the enzymes, the faster they would work. Substituted different types of enzymes; found that some enzymes would be sped up, some slowed down, and some were not effected. This made no sense to Smith till looked at biochemistry chart; showed where enzymes functioned in cell. Found that the direction of change of the enzymes was always towards greater health and energy balance. Test tubes of enzyme tripsin which were damaged by UV light healed and then increase in speed. Enzymes growth accelerated in way similar to the effect of being placed in a strong magnetic field, but this magnetic strength was not measured in hands of healers. Life fields similar to magnetic fields,

Dolores Krieger, professor of nursing New York College of Nursing worked with Estebany. Krieger reasoned that if chlorophyll is increased in plants by healers, and hemoglobin is almost identical to chlorophyll, except it has iron atom instead or magnesium at center, would humans treated by healer increase in hemoglobin? She gathered a group of patients with various disorders at a farmhouse. Half patients out in sunlight, half with Estebany. Not only did patients in the presence of the healer improve, but also their hemoglobin levels increased by statistically significant levels.

Gerber witnessed that cancer patients undergoing chemotherapy who were in the presence of healers also increased their hemoglobin levels. Healer could also transmit healing energy to water or organic materials such as cotton or wool. The energy could be then transmitted to the patients via the water, wool or cotton.

This established that healing energy was real. Can anyone be taught to produce healing energy? Krieger worked with Dora Coons, a clairvoyant and healer to develop a nursing course on healing. They called it therapeutic touch. The students were called “Krieger’s Crazies”. What ever they practiced on, including animals, improved their medical condition. Multi hospital studies found that people merely trained to do thereputic touch, with no born healing skills were able to raise hemoglobin levels. This tells us that healing is an innate skill.

Notes on Dr Richard Gerber’s *Exploring Vibrational Medicine* audio Tapes

James Oschman cites Zimmerman's studies of therapeutic touch. In these studies, a superconducting quantum interference device (SQUID) magnetometer measured large biomagnetic fields emanating from the hands of therapists when they relaxed into their meditative or healing states. The fields pulsed at swept frequencies from 0.3 Hz to 30 Hz, and primarily between 7-8 Hz. This correlates with the sensations of vibration or tingling that practitioners often report (although some practitioners feel warmth instead, indicating a possible IR role). In the experiment, no biomagnetic pulses were observed from non-practitioners. This field is also noticed coming from practitioners of Qi Gong, Yoga, Zen, and the martial arts.

(Energy Medicine The Scientific Basis James L. Oschman)

Juan Acosta-Urquidi PhD

After more than 20 years of basic laboratory research in cellular neurophysiology, he joined an NIH-funded project in alternative medicine at the University of Washington Medical Center to study pulsed magnetotherapy treatment on neurologic patients suffering MS. While still there, a chance discovery lead him to pursue research with *Energy Healers*, at a time when he was initiated as a Reiki Master. Using an electrocrystal detector device he recorded electromagnetic signals emanating from *Energy Healers* during the state of “sending”, or “channeling” energy. He extended this research by simultaneously measuring EEG in a subset of the healers sample, documenting the shifting brainwave patterns as the healers transit through different states of consciousness during the energy healing state. These topographic brain maps, with the recent addition of HRV (heart rate variability) measurements, have been yielding rich data on the heart-brain exchange, charting new ground in the research interface of Science, Healing and Spirituality.

(from <http://www.energymedresearch.com/about.html>)

<http://www.energymedresearch.com/> is ostensibly the website of Juan Acosta-Urquidi.

Response to JAMA Rosa Study

notes extracted from Measuring Energy Fields: State of the Science
edited by Konstantin Korotkov

Hand Energy Detection Studies: Resistance to Biofield Therapies
by Dr. Gary Schwartz, PhD p. 176 f.

JAMA (Journal of the American Medical Association) published a paper by Rosa et al (1998) that attempted to examine the theoretical foundation of therapeutic touch. The experimenter was a female child; the study was her science fair project. Her co-authors were senior members of an organization extremely critical of complementary and alternative medicine (CAM).

Rosa et al concluded from their findings (44% accuracy in 280 trials) that experienced TT practitioners were unable to detect the child's energy field and that their failure provided unrefuted evidence that the claims of TT are groundless and that further professional use is unjustified. This judgment was echoed by the media.

Schwartz et al reported 66% accuracy in 1464 trials.

Although referencing the journal *Subtle Energies*, Rosa et al did not cite two previously published studies in this journal that predated their study using completely counterbalanced experimental designs, with 3 times more subjects, 2.4 times more trials per subject, 5.23 more total trials and 22 different unbiased experimenters.

Schwartz et al concluded that these two studies provided empirical evidence for "implicit performance and perception" of "interpersonal hand-energy registration" as well as "an empirical and conceptual foundation" for viewing some of the claims of TT and related biofield therapies.

Evidence for significant implicit performance and perception in a different biofield detection paradigm was subsequently replicated in three more rigorously controlled experiments using 102 subjects and 102 different experimenters.

Schwartz et al proposed that possible mechanisms of hand energy detection might include well known and established biofields such as electrostatic body motion, skin temperature, and bio-electromagnetic fields.